

**AMENDMENTS TO THE CLAIMS**

1. (Currently amended) A dietary supplement consisting essentially of:

a. a first ingredient consisting essentially of: a water-soluble extract of cinnamon;

and

b. a second ingredient consisting essentially: of creatine monohydrate, and/or a creatine magnesium chelate; and [[.]]

c. optionally, at least one carbohydrate; whereby

wherein said water-soluble extract of cinnamon enhances functions synergistically with said second ingredient at a daily intake of between 10 and 2,000 milligrams of said water-soluble extract of cinnamon and between 100 and 25,000 milligrams of said second ingredient to increase the uptake of creatine by a muscle of a subject by an insulin dependent pathway and said water-soluble extract of cinnamon decreases glucose intolerance.

2-9 (Canceled)

10. (Previously presented) The dietary supplement of claim 1, wherein the carbohydrate is selected from the group consisting of dextrose, maltose, maltodextrin and trehalose.

11. (Currently amended) The dietary supplement of claim 1 wherein element (a) is present in an amount from about 0.1 mg to about 100 mg per gram of dietary supplement and element (b) is present in an amount from about 10 mg to about 900 mg per gram of dietary supplement and the dietary supplement lacks said at least one carbohydrate.

12. (Currently amended) The dietary supplement of claim 11 ~~further comprising carbohydrates wherein said at least one carbohydrate is~~ present in an amount of from about 1 mg to about 950 mg per gram of dietary supplement.

13-21 (Canceled)

22. (Previously presented) The dietary supplement of claim 1, wherein said water-soluble extract of cinnamon is further characterized in that it is comprised of a fraction of cinnamon which is soluble in 0.1 N acetic acid.

23. (Canceled)

24. (Currently amended) The dietary supplement of claim 1, wherein element (a) is present in the amount of 2 mg per gram of the dietary supplement, and element (b) is present in an amount of ~~78~~ 94 mg per gram of the dietary supplement and the at least one carbohydrate is present.